



5 Study habits of successful students

Successful students have effective study habits. They apply these habits to all of their classes. Which of the habits below do you already do? What could you do more effectively?

- 1. Schedule specific times for studying.** Study time is any time you are doing something related to schoolwork. It can be completing assigned reading, working on a paper or project, or studying for a test. Schedule specific times throughout the week for your class work. Studying at the same times each day establishes a routine that becomes a regular part of your life, just like sleeping and eating. Recommend planning your upcoming week on Thursday and schedule your time Friday-next Thursday.

Say "I will start something" instead of "I need to finish this." Your mind is more willing to begin and then wants to complete tasks once started. It is easier to procrastinate if you feel like you have to finish something.

- 2. Short time, many times.** If you try to do too much studying at one time, you will become tired and your studying will not be very effective. Space the work you have to do over shorter periods of time. Taking short breaks will restore your mental energy (see [Pomodoro Technique](#)).

*First –Last – Connected: It is often easiest to remember the first information, the last information and information that makes a connection for you! Having breaks gives you more of these **first – last** episodes.*

- 3. Set specific goals for their study times.** Goals will help you stay focused and monitor your progress. You must be very clear about what you want to accomplish during your study times.

SMART Goals: Divide your work into smaller and more achievable SMART goals to increase your success. (Specific, Measurable, Achievable, Realistic, Time-based)

- 4. Work on difficult assignments first.** Your most difficult assignment will require the most effort. Start with your most difficult assignment during a study session since this is when you have the most mental energy.

Starting with the most difficult when your mind is fresh gives maximum ability to gain understanding. The reward of overcoming the biggest hurdle is that other areas seem more achievable by comparison.

- 5. Review, rewrite, summarize notes daily and weekly.** Make sure you do some homework for each class at least every other day (review, revise, and summarize class notes within 24 hrs. Taking the time to read through and organize notes on the weekend will make a difference in your understanding of concepts.

Collectively these strategies will dramatically reduce the amount you forget while making it significantly easier to recall in exam study later.

Adapted from Study Skills on www.how-to-study.com